

Daily Positive Thoughts: August 10, 2017: Everything I See Is Precious



Sea of Stars, Vaadhoo Island, Maldives - This marine bioluminescence is generated by phytoplankton known as dinoflagellates.

Everything I See Is Precious

**Let me learn to keep myself in a positive frame of mind and look for
the beauty or benefit in everything that happens.**

The Four Pillars Of A Spiritual Lifestyle - Achieving A Balance

A balanced and fulfilling spiritual life is like a table. It stands on four legs and if one leg is shorter than the others then both balance and equilibrium will be difficult. The four legs or pillars of a spiritual life are given below in the form of four subjects. If any of the subjects is not a part of our lives or is a part of our life, but not to as great an extent as the others, then the overall balance of our spiritual life will be affected adversely (negatively).

1. Daily spiritual study (knowledge or *gyan*)

Daily spiritual study provides the right quality of nourishment for our mind and intellect, the two important energies of the soul.

2. Daily meditation (spiritual *yoga*)

Daily meditation provides the means to explore, discover and reconnect with oneself and with God.

3. The inculcation and development of virtues (*dharna*)

Giving some time each day to the conscious development of our character (virtue) helps to eliminate any negative *sanskars* or personality characteristics (vices) and improves our ability to build positive and harmonious relationships. The quality of our relationships is a mirror reflection of our *dharna*.

4. The service of others (*seva*)

A life purpose based on some kind of service is the foundation of personal growth through the practice of giving. Finding appropriate ways to use our increasing spiritual power and understanding (through the three subjects mentioned above) for the benefit of others is the most satisfying way to use our energy today. It also ensures happiness for the present as well as for the future through accumulation of positive energy in the form of blessings of those who are served.

Sharing & Caring

When we think of sharing, we sometimes wonder if it is really beneficial. Normally the belief is that when we share anything or resource, we find ourselves a little poorer with that resource. So we do not want to consistently share which is believed will bring benefit only to the other person. When we share inner resources like happiness, peace, love etc. we are enriched. Every time we give, we not only get back from others but also experience that quality ourselves. When we share our physical resources too, it is our own experience which is important than the outcome. That means, I enjoy giving itself rather than expect appreciation (which may or may not come!)

Message for the day

The one with zeal and enthusiasm is constantly tireless.

Expression: Zeal and enthusiasm brings the willingness to move forward under all circumstances. Never are there any excuses given, whatever the difficult situations or challenges that one might be faced with. Instead whatever has to be done is done without any tiredness. Also the best is made out of all situations.

Experience: When I am able to be enthusiastic under all circumstances, I am able to be tireless. This tirelessness gives me the courage to move on and experience constant success. I become aware of my own resources and make the best use of them. So I also experience internal progress, constantly.

*In Spiritual Service,
Brahma Kumaris*